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**YOUR
NEIGHBOURHOOD
A CLOSER LOOK AT
CLAYTON PARK {pages 20-23}**



**SWEET SPOT
CANDY PALMATER
GOING FOR
LAUGHS {page 6}**



HALIFAX

metro®

Wednesday, October 26, 2011
www.metronews.ca



News worth sharing.

Homicide. Case



► Zachary Quinn Burke appears in Amherst provincial court yesterday to face a charge of second-degree murder in the death of his mother, Tracey Ann Rudderham. Police found Rudderham's body on Monday in Springhill. Story, page 5.

AMHERST DAILY NEWS

Council lifts biosolids ban

► Motion to end moratorium passed 17-5 ► Provincial guidelines for biosolid fertilizer are far more conservative than those used in U.S.



JENNIFER
TAPLIN
@METRONEWS.CA

A small core of councillors lost their battle to keep biosolid fertilizer off of HRM-owned properties yesterday.

A moratorium on the fertilizer, made by N Viro, was put in place about a year ago after a disastrous incident on Dunbrack Street in August 2010.

A consultant recently filed a report, which suggests that, in that instance, the fertilizer was mixed with uncured materials and that along with weather conditions caused the big stink.

"We see no further need for the implementation of the moratorium of N Viro material on HRM properties," Hugh Monteith of consulting firm Hydromantis told council yesterday.

He said besides slightly higher levels of selenium, which is

"At the end of the day, people were sick and not just for a few hours, but for days."

COUN. DEBBIE HUM ON THE DUNBRACK STREET FERTILIZER INCIDENT IN 2010



Safety concern

► The fertilizer will not be applied on any food-producing areas, but Coun. Dawn Sloane argued what might not be a garden now could be a community garden in the future.

Hum and others wanted to defer the decision for two weeks until after a panel discussion at the Union of Nova Scotia Municipalities (UNSM) next week. Two motions for deferral were raised and failed.

"I don't care what the UNSM has to say about HRM land. It's our land," said Coun. Jerry Blumenthal.

HRM staff informed council that abandoning the current technology used for biosolids and switching to another would incur significant costs.

Son faces murder charge

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Bullying speech hits home

Pam Murchison's anti-bullying presentation struck a chord with 14-year-old Charlene Copage yesterday.

Copage was bullied in elementary school — so much so that she had to change schools when she was in Grade 6.

Like Murchison's daughter Jenna, Copage didn't want to go to school.

"It really upset me," Copage said of how bullying made her feel.

"I think bullying on the Internet is a problem because I used to get bullied before. It's easier for people to bully you."

RCMP school resource officer Const. Cheryl Ponee agrees.

She said yesterday from her office at Hants East Rural High School that the Internet and cellphones make bullying more prevalent.

Now bullying doesn't stop when the school bell rings at 3 p.m., said Ponee.

"You can't shut it off, kids can't shut it off," Murchison said of cyber-bullying.

But Ponee has a warning for students who bully others on the Internet.

"It's a great investigative tool because everything can be retrieved," the officer said.

● HEATHER GILLIS

'If I can save a child, I spare a parent'

► Murchison has started scholarship fund in her daughter's memory ► 'I take that anger and do this,' mother says of speaking out against bullying



► Truro's Pam Murchison poses for a photo at the Hants East Rural High School after giving an anti-bullying presentation yesterday.



HEATHER GILLIS
HALIFAX@METRONEWS.CA

Pam Murchison wants to put an end to bullying.

She is also realistic and knows that will never completely happen.

Her 15-year-old daughter Jenna Bowers-Bryanton was subject to bullying when she started high school last September.

The bullying had such an impact on Jenna that she committed suicide in January.

"If I can save a child, I

"Going public with my feelings will hopefully help. People say time heals. You know, it doesn't — not so far. There is never that hug from her anymore."

PAM MURCHISON

spare a parent," Murchison said during an interview after an anti-bullying presentation at Hants East Rural High School yesterday. "That's why I do what I do."

Murchison, who is from Truro, is speaking to students about the very real effects of bullying.

Murchison's aunt

worked at Cobequid Education Centre where Jenna went to school. But she didn't know the extent of what was happening.

That's because Jenna wasn't only bullied in school, but also on Facebook, by text, YouTube and Formspring — a website where users can make anonymous comments

about others.

"I found out so much more after she died," said Murchison, sporting a pink T-shirt with a picture of Jenna on the front and her favourite song lyrics on the back. "I had passwords but I only saw what Jenna wanted me to see."

Murchison has words of advice for parents who suspect their children are being bullied online.

"Be vigilant," she said. "Dig. If your kids are being bullied, don't stop until you know that something is being done."

1

news


PETA has filed a lawsuit that accuses SeaWorld of keeping whales in conditions that violate the U.S.'s ban on slavery. Scan code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Rescuers in Turkey pull a living, breathing newborn baby from the rubble of a building destroyed by the earthquake. Video at metronews.ca/video



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Teen charged with killing his mother

► Crown confirms charged youth is victim's son
► Accused known to police in Moncton area

A Springhill teen accused of killing his mother will remain in custody for two weeks until a scheduled bail hearing.

Zachary Quinn Brake, 18, made a brief appearance yesterday before Judge Paul Scovil in Amherst provincial court. Wearing an orange jail outfit, Brake stood quietly and looked at the floor while he was being arraigned.

He is charged with second-degree murder in the death of Tracey Ann Rudderham, 37, at her home in Springhill.

Brake returns to court on Nov. 7.

Gave himself up

RCMP spokeswoman Sgt. Brigid Leger would not say what Zachary Brake told Springhill police when he turned himself in, only that he "brought the matter to their attention," the Canadian Press reports.

He turned himself in to Springhill police just before 3 a.m. on Monday. Police went to the Mechanic Street home and discovered the body.

In court, senior Crown attorney Bruce Baxter asked that Brake be re-

manded at the Cumberland Correctional Centre, citing security concerns with Rudderham's family if he were held elsewhere in the system.

Outside court, Baxter said another family member is being held in a different provincial correctional centre and he thought it would be best to avoid any potential conflict.

Baxter would not comment on how Rudderham was killed, but confirmed it did not involve a firearm.

Springhill Police and the RCMP Northeast Nova Major Crime Unit are investigating. **AMHERST DAILY NEWS**

Citizen. Jean



► Michaëlle Jean, Canada's former governor general, meets with youth organizations at the Khyber Club yesterday. Jean was in Halifax to highlight the power of youth to bring about social change in their communities.

RYAN TAPLIN/METRO

A right honourable call for action

Bandits filch cash, booze

Halifax RCMP are looking for suspects after a break-in on Prospect Bay Road on Monday night.

Police say thieves stole \$6,000 and a quantity of alcohol from a business in Bay Landing. Anyone with information is asked to contact police.

● ALEX BOUTILLIER

Traffic stop ends in drugs arrest

A 22-year-old Cole Harbour man is accused of drug trafficking. The charges are the result of a traffic stop Monday night, during which Halifax RCMP say they saw a man with a bag of what was believed to be crack cocaine. He will appear in court on Dec. 14. ● ALEX BOUTILLIER

Man sought in gas-bar holdup

Halifax Regional Police are searching for a man who held up a gas station on Victoria Road in Dartmouth on Monday night. Police say a man of about 50 threatened a clerk at knifepoint and made off with a small amount of cash. There were no injuries. ● METRO

Enjoy the benefits of paying yourself first

Experience the freedom of having a 'just-in-case' fund



Maria Contreras

RBC Royal Bank
Product Manager,
Savings Accounts

Many of us put off saving because we associate it with sacrifice. But regular saving can actually be a uniquely satisfying experience. Paying ourselves first, to have money to buy things we really need or want, means we enjoy those things all the more.

In the past I've written about establishing

savings goals: setting money aside for a specific item you want to buy at a specific time. Goals are great because they help us stick to a plan. So for those of us who don't have a specific purchase in mind, establishing

a 'just-in-case' fund will provide the same satisfaction and end result. Your goal doesn't have to be a specific item; setting a specific dollar amount and timeframe will ensure you've got cash on hand when something unexpected pops up. And if that just happens to be a last-minute vacation versus a car repair, then even better!

And good news! Whether your goal is a specific item, a dollar amount, or just the peace of mind of knowing there's money in the bank when you need it, saving really can be easy.

A little bit really does go a long way

If you don't think you're in a position to

save, consider how putting away even the smallest amount on a regular basis can add up quickly. Again, pay yourself first! For example, saving just \$25 a week adds up to \$1,300 a year. That's a nice chunk of change to have on hand should you suddenly decide you need a holiday or find the latest gadget calling your name!

Getting Started

Remember that saving is not about sacrifice. It's about prioritizing. Start by taking a look at your previous bank statements to see where you're spending your money. Ask yourself where you could easily trim and

decide on an amount to reallocate for saving. Maybe you're prone to impulse purchases, or maybe you're regularly spending money on something you wouldn't particularly miss. Making a few changes to my discretionary spending habits has

really helped grow my just-in-case fund and I've actually come to enjoy saving.

Make it easy for yourself

Here's the first secret to paying yourself first: open a dedicated savings account, then schedule automatic payments. Many people find setting up a payday transfer easiest because they don't notice the money leaving their account. This way, saving becomes a habit and you don't think about it. And every payday, your balance grows and grows.

Before long, you'll have saved a nice nest egg without feeling like you've sacrificed anything – satisfaction guaranteed.



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Season 2 of The Candy Show to be pinker than ever

▶ ‘Without an audience it would not be a show. I’d just happen to be the person holding a microphone,’ says Candy Palmater, the show’s star



HEATHER GILLIS
HALIFAX@METRONEWS.CA

In honour of Season 2 of The Candy Show, the show’s star says the set is pinker and even more fabulous.

But that’s not all.

“You can see me jamming out on the bass with a country band after getting an on-air bass lesson, being set on fire and being tattooed live on air,” Candy Palmater said in a phone interview this week.

A new season of The Candy Show is premiering tomorrow at 10:30 p.m. on APTN.

But Palmater doesn’t stop there with hosting her own 30-minute TV show.

“Forget your troubles and join me in my bed for a half-hour and feel like everything is right in the world.”

CANDY PALMATER

The well-known Haligonian also writes and co-produces The Candy Show and has a day job with the province’s education department. She also does standup comedy and keynote speaking, and is halfway through her master’s of education degree.

Oh, and she already has a law degree, is writing a play and wants to pursue a fine-arts degree on top of that.

“There’s a lot of stuff that interests me,” she

says. “There’s no guarantee that I’ll get 85 years to get it all in, either.”

The Candy Show was recently renewed for a third season, with eight episodes instead of six.

The extra episodes are an opportunity to showcase local talent the rest of the country doesn’t get to see on prime-time TV, Palmater says.

The show is filmed in the Olympic room in Halifax — a place Palmater feels a personal connection to.

Her oldest brother met his wife in that very building.

“They are the ones that moved me to Halifax 23 years ago,” she said. “It seemed like kismet that we ended up taping there.”



▶ Halifax’s Candy Palmater is excited about her show returning for a second season on Thursday night.

Five Bridge Lakes gets protected status

The province is declaring the Five Bridge Lakes area near Halifax a protected wilderness.

The 8,000 hectares of forest barrens and lakes is home to a small population of endangered mainland moose.

Natural Resources Minister Charlie Parker says protecting biodiversity and expanding the recovery of species at risk are key objectives of the government.

Designation of the Five Bridge Lakes as a wilderness area will move the province closer to its goal of legally protecting 12 per cent of its land by 2015.

“This wilderness-area designation is the result of many years of collaboration by more than 30 community groups,” Tom Musial, of the Chebucto Wilderness Coalition, said in a release yesterday.

Five Bridge Lakes Wilderness Area is located between Highway 103 and 333.

THE CANADIAN PRESS

‘Historic’ statement to focus on residential schools

The president of the University of Manitoba is planning to make a public statement in Halifax tomorrow about the university’s role in perpetuating the damage caused by Canada’s native residential schools.

David Barnard is expected to appear before the Truth and Reconciliation Commission as it holds its third round of national hearings.

A news release says although the university was not directly involved in the schools, it played a role in educating clergy, teachers and politicians who perpetuated the system of assimilation.

The university president was not available to elaborate on the news release, but it says, “Barnard is prepared to address the past and contribute to the reconciliation process.”



▶ David Barnard

CONTRIBUTED

It says Phil Fontaine, who went to a residential school and is a former national chief of the Assembly of First Nations, will be in Halifax to hear Barnard’s statement.

“The statement will be historic and add a new chapter in the healing process of the residential schools program,” the news release says.

The commission started its hearings earlier this

year. It has a five-year mandate to document the history of residential schools, inspire reconciliation and produce a report by 2014.

There were more than 130 residential schools across Canada dating back to the 1870s. The last closed outside Regina in 1996.

About 150,000 First Nations, Inuit and Metis children were forced to attend the schools.

The \$60-million commission has been asked to learn the truth about what happened at the schools and to share that information with Canadians.

Survivors have told of physical and sexual abuse, of losing their language and culture and of turning to drugs and alcohol.

The commission’s four-day event in Halifax starts today.

THE CANADIAN PRESS

Paper-mill bidder list to be narrowed

The court-appointed monitor looking after the sale of the idled NewPage paper mill in Cape Breton expects to narrow a list of

bidders to two or three finalists by Friday.

Their names, however, will not be released.

THE CANADIAN PRESS

Announcement on tall ships

The province and Waterfront Development Corp. Ltd. will be making a tall-ships-related announcement tomorrow at 1 p.m. at Murphy’s Restaurant.

● METRO



▶ The Russian tall ship Kruzenshtern.

RYAN TAPLIN/METRO

Former MLA from Shelburne dies at 91

Liberal Leader Stephen McNeil expressed condolences to the family of Harold Huskison yesterday.

Huskison, a former Liberal MLA and cabinet minister from Shelburne, died on Monday. He was 91.

● METRO

Bill targets gun-registry records

► RCMP has found registration a useful tool for police ► Liberal MP accuses Tories of ignoring common sense

Records of the shotguns and rifles owned by Canadians would be destroyed under legislation introduced yesterday to scrap the long-gun registry — preventing provincial or future federal governments from making use of the information.

The majority Conservative government unfurled a long-promised bill yesterday to scrap the registration of long guns and permanently delete more than seven million files on gun ownership.

Police, health and victims' groups immediately voiced their opposition, while anglers and hunters welcomed plans for the registry's demise.

The Tories argue the registration of long guns is wasteful and unneces-

"No law can prevent all tragedies. But a gun-control law, which includes registration and is rigorously implemented, makes it harder — not easier — for dangerous people to get firearms."

ACTIVIST PRISCILLA DE VILLIERS, WHOSE DAUGHTER, NINA, WAS ABDUCTED AND KILLED WITH A LEGALLY OWNED RIFLE

sary, although they support the licensing of gun owners and the registration of prohibited and restricted weapons like handguns.

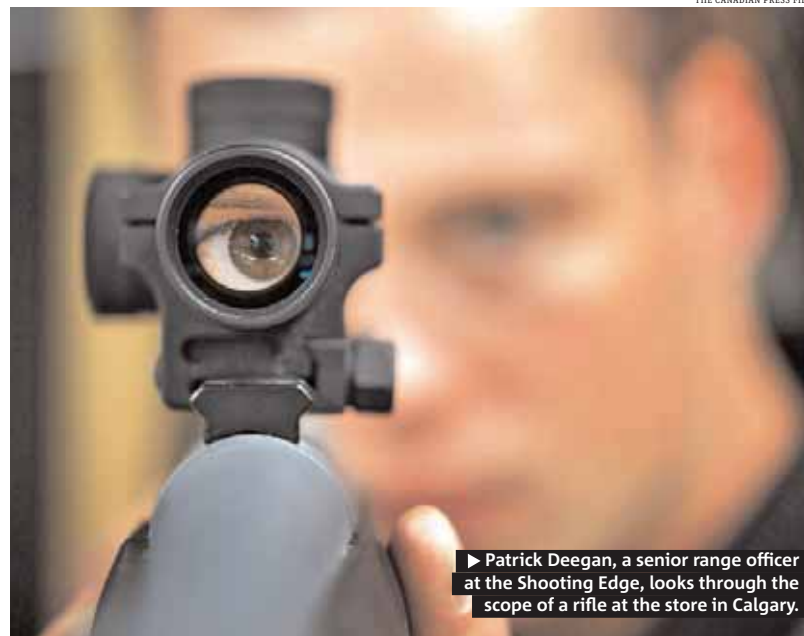
"We don't want laws that target law-abiding citizens, hunters and sports shooters. We want laws that focus on the criminal and those who use firearms illegally," said Public Safety Minister Vic Toews, who joined Conservative colleagues in announcing

the bill at a farm near Ottawa.

Toews has said that the more than \$1 billion spent on the registry would have been better spent putting police officers on the street.

There are hints that some provinces — namely Quebec and Ontario — might begin registering long guns if the federal legislation succeeds. But they would have to start from scratch.

THE CANADIAN PRESS



► Patrick Deegan, a senior range officer at the Shooting Edge, looks through the scope of a rifle at the store in Calgary.

Video of bodies shown in honour-killings trial

Jurors at a so-called honour-killings trial in Kingston were shown underwater video yesterday of the bodies of three teenage sisters and a relative submerged in a car in an eastern Ontario canal.

The Crown has alleged Zainab, 19, Sahar, 17, and Geeti Shafia, 13, were killed along with their father's first wife, Rona Amir Mohammad, 52, in a crash staged to look like an accident.

THE CANADIAN PRESS



► Mohammad Shafia, right, is escorted to the courtroom at the Frontenac County Courthouse on Oct. 20.

Canadian WWI soldier laid to rest

The remains of a Canadian soldier who died near the end of the First World War were buried yesterday in France.

The remains of Private

Alexander Johnston, of Hamilton, were discovered in France in 2008, but were only identified in March.

The Defence Department says Johnston — a member of the 78th Battalion (Winnipeg Grenadiers) — was killed during battle.

THE CANADIAN PRESS

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► A boy on a camel rides past a sand sculpture of former Libyan leader Moammar Gadhafi at the golden sea beach of Puri, 65 kilometres from the eastern India capital city of Bhubaneswar, yesterday.



Gadhafi burial out of sight, not out of mind

► International pressure persists to investigate the late dictator's death

Flamboyant and grandiose in life, Moammar Gadhafi was buried in secrecy and anonymity yesterday, laid to rest in an unmarked grave before dawn in the Libyan desert that was home to his Bedouin tribal ancestors.

The burial ended the gruesome spectacle of Gadhafi's corpse on public display in Misrata after he was killed in his hometown of Sirte on Oct. 20.

The location of the brutal dictator's grave site was not disclosed for fear of vandalism by his foes and veneration by his die-hard

supporters.

Gadhafi, 69, was buried along with his son Muatassim and former defence minister Abu Bakr Yunis. Libya's new leaders hope the funeral will allow the country to turn the page on the four-decade Gadhafi era and the bloody eight-month rebellion against him. The book cannot be closed completely, with unanswered questions remaining about his slaying, and his son, Seif al-Islam, still at large.

The National Transitional Council issued a statement late yesterday saying they "disapprove" of any

Before burial

- The bodies of Gadhafi, Muatassim and Yunis had been kept in a refrigerated locker in a warehouse.
- Hundreds lined up to view the corpses, some from hundreds of miles away.
- The bodies were taken to a school where suspected Gadhafi loyalists are held.
- Two detained clerics were ordered to pray over the three covered bodies.
- The bodies were placed in coffins and taken by authorities to another location for burial.

prisoner being hurt, let alone killed.

THE ASSOCIATED PRESS

Tsunami debris heading for West Coast: Scientists

Up to 20 million tonnes of tsunami debris floating from Japan could arrive on British Columbia's shores by 2014, according to estimates by University of Hawaii scientists.

A Russian training ship spotted the junk — including a refrigerator, a television set and other appliances — in the Pacific Ocean where scientists predicted it would be.

The biggest proof that the debris is from the Japanese tsunami is a fishing boat that's been traced to the Fukushima Prefecture, the area hardest hit by the March 11 disaster.

Jan Hafner, a scientific programmer, said yesterday

that researchers' projections show the debris would reach Hawaii's shores by early 2013, before reaching the West Coast.

They estimate the debris field is spread out across an area that's roughly 3,200 kilometres long and 1,600 kilometres wide located between Japan and Midway Atoll, where pieces could wash up in January.

Hafner and the principal researcher in the project, oceanographer Nikolai Maximenko, have been researching surface ocean currents since 2009. When the Japan earthquake and tsunami struck, they applied their research to the rubble sucked into the Pa-

3,200 KM
They estimate the debris field is spread out across an area that's roughly 3,200 kilometres long and 1,600 kilometres wide located between Japan and Midway Atoll, where pieces could wash up in January.

cific Ocean from Japan.

They used computer models to track its path, but until the Russian ship STS Pallada sailing from Honolulu contacted them last month, they had no direct observation of the massive debris field.

THE ASSOCIATED PRESS

Flooding breaches Thai airport

Advancing floodwaters in Thailand breached barriers protecting Bangkok's second airport yesterday, halting commercial flights at a complex that also houses flood-relief headquarters and thousands of displaced people. It is one of the biggest blows yet to efforts to prevent the capital from being swamped.

THE ASSOCIATED PRESS

Kaiabi tribe releases hostages

Brazilian authorities say Kaiabi Indians have released seven people held hostage for five days to oppose dam construction. The Justice Ministry says five Indian affairs agency employees and two electric company workers, released Sunday, are in good condition. The tribe says the dam will harm its fishing and sacred sites.

THE ASSOCIATED PRESS

Explosion kills one, injures 14

Swiss police say one person has died and 14 are injured after an explosion at an apartment block in the city of Yverdon-les-Bains. A police spokesman says the blast occurred shortly after 1:30 p.m. yesterday on the fourth floor of a residential building. Police are still trying to determine the cause of the explosion.

THE ASSOCIATED PRESS

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Those risky reefers

▶ They can make you schizophrenic, say researchers

LILLO MONALTO
MONELLA

METRO WORLD NEWS

Have you ever thought that your brain works like a philharmonic orchestra?

Well, it does.

And smoking spliffs makes it schizophrenic.

Or, as researchers put it, "disorchestrated."

According to a study published yesterday in the Journal of Neuroscience, smoking marijuana numbs the brain, "leading to neurophysiological and behavioural impairments reminiscent of those seen in schizophrenia."

In musical terms, it's as if the "strings" (the hippocampus) and the "woodwinds" (the prefrontal cortex) are out of sync.

The findings show the drug disrupts co-ordinated waves across these two



▶ New lowdown on getting high: Your orchestra's out of tune.

brain sections in charge of controlling memory and social behaviour respectively.

"Schizophrenic patients suffer in memory losses and decision-making issues," said Dr. Matt Jones, leading author of the study at Bristol University's School of Physiology and Pharmacology.

"If you sit on the sofa smoking a spliff, it's fine. But if you sit in a car and have to drive, then it is dangerous."

So how can your brain

"tune back" after smoking a joint?

Jones said: "We focused only on short-term effects: you have to wait for a few hours until marijuana is out of the system."

While Jones confirms there is no scientific evidence of marijuana-related neurological damage in the long-run, he does warn against "the effects on vulnerable people like teenagers, whose brains are developing, or people genetically at risk to develop schizophrenia."

THE CANADIAN PRESS FILE

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China.....1.9 Cdn	Lebanon.....7.9 Cdn	Trinidad.....4.9 Cdn
Colombia.....from 3.9 Cdn	Mexico.....from 1.9 Cdn	U.A.E.....14.9 Cdn
Cuba.....89.9 Cdn	Pakistan.....5.9 Cdn	Ukraine.....7.9 Cdn
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WARD OFF THE COMMON SURVEY

JUST SAYIN' ...

PAUL SULLIVAN
METRO



It's confirmed.

The world is a dirty, messy, germ-infested place.

A survey released yesterday by the Kleenex people (who else?) measures the extent of the contamination.

It's everywhere: 71 per cent of gas pump handles, 43 per cent of escalator rails, 41 per cent of ATM buttons and 40 per cent of parking meters and kiosks are contaminated with disease-causing germs.

Put that together with an earlier survey that as many as one-third of the male population fails to wash its collective hands after going to the bathroom, and you may never touch another doorknob again.

Of course, there are always people who claim a little dirt won't hurt you, but in this era of work 24-7 (and like it), who can afford the downtime that comes with colds and the flu?

"There are, on average, 229,000 germs per square inch on faucet handles that see frequent use. The world is a petri dish and you're the lab rat."

world is a Petri dish and you're the lab rat.

And please cough into the crux of your elbow.

Surveys like the one from Kleenex are big news at the Handwashing for Life Institute in Libertyville, Ill. I am not making this up. Its motto is "Overcoming underwashing" and it is deadly serious about fighting germs.

But the net effect of all the helpful advice on handwashingforlife.com is that it's way too hard, especially if you have a short attention span, and pointless if you have to go now and you've got no time to worry about the relative cleanness of the washroom.

You could spend every minute of your brief existence fighting off germs and you could still get run over by a bus. You have a one-in-246 chance of dying by falling down. There's even a one-in-200,000 risk of being crushed by an asteroid.

It's important to realize that germs reach their peak every weekend, at least as far as calling in sick is concerned.

Of course there's a survey on that, too. A British survey (have these people nothing else to do?), to be precise, indicating that more than one-third of sick calls happen on Monday.

So, even though there are just as many germs per square inch on every other day of the week, Monday is particularly hazardous to your health.

You didn't need a survey to tell you that, did you?

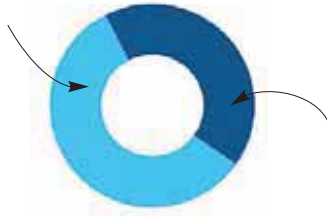
Read more of Paul Sullivan's columns at metronews.ca/justsaying



Register at metropolitanpanel.ca and take the quick poll

Are you part of the 99%?

58%
YES



42%
NO

Letters

My wife and I recently returned from eleven days in your country — one in New Brunswick, ten in Nova Scotia. What we hope for on a holiday: natural beauty; little adventures; kind people; great conversations; and, a look beyond the typical surface-scratching most tourists are content with.

We hit our jackpot with you as we did four years ago. Natural beauty ... Digby to Mahone Bay through autumn forests and streams, Peggy's Cove and Lunenburg for character and history, Halifax for its vitality. We took an inspiring class at Windhorse Farm for three days, deep and meaningful conversations with many attendees.

Without exception, we never ran into any unkind Canadians on our whole trip.

The thought behind the words, the polite, gentle way we encountered all along our path by so many of you has made us long to return for more time with you and your great country.

You did not go unnoticed. With great respect and admiration,
**ROGER AND SHERRI CANNON
SAN PEDRO, CALIF.**

Local tweets



► **@lukejamesbgn:** Shooting in the Square/North Preston? Front page news. Amazing success stories in the Square/North Preston? Maybe a lil box on page 3. #Halifax

► **@NattyMorr:** Very old couple walking down the street in front of me is smoking a joint. I love Halifax

► **@joweeez:** weather calls for rain and so emerges the worlds largest hidden stockpile of trendy rainboots #dalhouseuniversity #halifax

► **@markhubley:** Halifax weather forecast for Friday includes the phrase "chance of flurries". I'm cold already.

► **@nicoledawn_3:** The Oval should just be called the Oval. Keep it sweet and simple. It's perfect #Halifax

► **@migrantp:** Enjoying one of the last public gardens days this year. Looking forward to the fountain renovation! #halifax

► **@RunGirl81:** Just had a delicious healthy lunch at Pete's Go Go in Halifax.....being able to build your own salad is fantastic! #nutrition

photo of the day



► This photo, titled *Un Soleil au Féminin*, was submitted to the Variety category by *Onimbola Tsikimamy* from Quebec.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

It's a dog-eat-dog world

Dressed as protesters, complete with toy megaphone, Mitch Robinson and his wife unrolled a sleeping bag and "occupied" their friends' Halloween party. Unlike the real-life Occupy Wall Street demonstrators, they had a list of demands for their hosts.

Among them: Equal time on the karaoke machine, more meat on the grill and extra alcohol in the drinks.

So went the party in Tacoma, Wash., last Saturday night.

Among the self-proclaimed 99 per

cent, the anti-Wall Street protests that began in New York and spread across globe are inspiring lots of costume ideas.

"We're ready to go," said Kris Ruby in Greenwich, Conn. She is dressing her seven-year-old golden retriever, Morgan Stanley, as a one-percenter in business suit, red tie and tweed hat.

THE ASSOCIATED PRESS



► Morgan Stanley represents the 1%.

Retail sales up in August despite consumer doubt

► Results come as Bank of Canada reports relatively dim outlook on economic growth for the full year

Canadian shoppers spent more money in August than economists anticipated even as consumer confidence plunged to its lowest level in two years.

Statistics Canada reported yesterday that retail sales in Canada rose 0.5 per cent to \$37.8 billion in August, suggesting that Canadian consumers have pretty much shrugged off a period of severe turbulence on financial markets.

"The old saying is ... when consumers don't feel so well, they go out and shop," said Peter Buchanan, an economist with CIBC World Markets.

"There were a lot of negatives — we had talk of a U.S. recession, a decline in confidence and also intensified concerns about

the eurozone in August — so I think it's somewhat encouraging that consumers did spend a bit more than people had expected."

Economists on average had anticipated 0.3 per cent growth in the sector.

The boost — which amounts to about 1.4 per cent over last August — bodes well for overall economic growth during the third-quarter. Household spending accounts for about 60 per cent of demand in Canada.

Buchanan estimates that consumer spending grew at about 2.5 per cent in the third quarter, contributing to two per cent gross domestic product growth.

Gains were reported in six of 11 subsectors repre-

sented 70 per cent of retail sales, largely offsetting a July decline of 0.5 per cent. **THE CANADIAN PRESS**

Market moment

TSX



- 52.54
(12,109.75)

Dollar



- 1.29¢
(98.4¢ US)

Oil



+ \$1.90 US
(\$93.17 US)

Natural gas

\$3.663
(+6¢)

Gold

\$1700.40
(+ \$48.10)

China. Trade Exhibit



► Visitors peruse a plastic toy exhibition booth during the China Import and Export Fair yesterday in Guangzhou, China.

CHINA/GETTY IMAGES

No toying around at Canton Fair

The 110th China Import and Export Fair, also known as the Canton Fair, opened on October 15, attracting 24,231 exhibiting enterprises from both China and abroad. Held twice annually in the spring and autumn, the 15-day event is among China's largest trade fairs, drawing hundreds of companies from all over the world.

Coke pledging millions to protect polar bears

Coca-Cola is changing its iconic can — and pledging millions of dollars — to help scientists plan how other icons such as polar bears can survive in Canada's melting Arctic.

Coca-Cola and the World Wildlife Fund have announced a project called Arctic Home, to which the global corporate giant has committed \$2 million over five years, with another million promised to match donations from the public. The money is to fund research programs in the High Arctic related to habitat and wildlife survival, particularly with regard to polar bears.

Arctic experts say it's vi-

tal work that governments aren't doing as they increasingly focus on research directly related to development.

Some of the money is to pay for ground-level conservation, such as migration research.

Coca-Cola Canada president Nicola Kettlitz said the project is a chance to do something for an animal that's been closely associated with the soft drink's image for years.



► Coke's red cans will turn white this winter.

An indication of how seriously the company takes the campaign is that Coke cans in Canada and the United States will change starting Nov. 1 until Jan. 15 from the well-known red to white.

The only other time Coke has changed the colour of its Canadian cans was during the last Olympics.

The public will be able to participate by making donations through the company's website, iCoke.ca. **THE CANADIAN PRESS**

Slower growth could derail plans to balance budget

Finance Minister Jim Flaherty is signalling he may no longer be fixated on balancing the budget in four years, after the Bank of Canada and a survey of economists slashed expectations for the economy

this year and next.

The finance minister came out of a meeting with private sector analysts in Ottawa yesterday vowing to stay the course on deficit reduction, but also to keep a wary eye on developments.

Asked directly if 2014-15 was still the target for returning to balance, as promised in the spring election, Flaherty avoided a

clear date, preferring to use the more generic "medium term" for a goal.

"We will stay the course — we will maintain the fiscal track so we can achieve a balanced budget in the medium term," Flaherty said.

He said he'll provide more details in the fall update expected in early November.

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101.3 THE BOUNCE
the 9 spot
Top 5: October 25th
5 David Guetta ft Usher - Without You
4 Maroon 5 - Moves Like Jagger
3 Gym Class Heroes - Stereo Hearts
2 Adele - Someone Like You
1 LMFAO - Sexy and I Know It
Weeknights at 9pm
Tessa counts down the HOTTEST 5 songs that day!

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scene

Jobs



Rockers the Flaming Lips will honour the late Apple co-founder Steve Jobs by performing a cover of the Beatles' Revolution at the O Music Awards 2 on Oct. 31.

THE ASSOCIATED PRESS



Savannah, Ga., tries to clean up square featured in the film Forrest Gump



▶ Justin Timberlake tackles the issue of aging and wealth in his new film In Time.

Running out of time

▶ Justin Timberlake talks about fast living, boyhood fantasies and his latest film In Time



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METRO WORLD NEWS IN LOS ANGELES

Playing the hero in In Time — a sci-fi adventure set in a world where people stop aging at 25 and have to earn time to stay alive — has given Justin Timberlake a lot of chances to think about time, including being stuck with a certain look.

"I look back as a lot of my younger years have

been documented and I can honestly say that I would not like to revisit," says the musician-turned-actor.

Of course he says that now, at age 30 — and playing a convincing 25 on screen. Maybe he'll change his tune after another 10 or 20 years. But for now, movies like In Time are helping keep him young, especially considering all the action involved.

"On top of being a really rich story filled with lots of

things, I got to live out a lot of boyhood fantasies in this movie — shooting guns and getting to learn how to stunt-drive," he says, grinning.

Given the time-sensitive nature of the film, there was of course lots of running involved — which was fine for Timberlake, but not so much his co-star, Amanda Seyfried, who did most of the chases in high heels.

"We debated actually in the middle of a scene her

taking the heels off and just running without them, but she would have gotten lost in the frame," he says.

One pitfall of a high-concept action thriller can be overly expositional, and that was something Timberlake was keen to watch out for, going so far as to consult Andrew Niccol, the film's producer, about paring down the script.

Saves more time for the running, shooting and driving, at least.

Movement

The OWS connection.

▶ **Elite A** major theme of In Time is taking on an elite that controls all the resources in society — something that coincidentally finds great resonance with the current Occupy Wall Street movement as the film hits theatres. Of course it was shot before the movement kicked off.

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Chris Taylor: CANT can make you forget that other band he's in

► Grizzly Bear musician leaves his usual harmonic and folky tunes for a new electronic, moody sound ► Just started his own label, Terrible Records



When Chris Taylor began working with publicists to promote CANT, his new side project, he contemplated not putting the name of his other band in the biography.

"I didn't really see how people having that connection, between Grizzly Bear and this project, I didn't see how that would be helpful," he says.

"I had to trust people who do this stuff — press, my manager — because if I can't trust them, I shouldn't have hired them in the first place. They just said, 'No, we should definitely do that, it's inevitable, people are obviously going to know it's you and it seems silly if you try and pretend, it'll just make you look silly.'"

To be sure, Taylor does not look silly. And CANT's recently released debut, *Dreams Come True*, is a force to be reckoned with, albeit a dark force.

Where Grizzly Bear is harmonic and folky, CANT is electronic and moody. It's as if one is a consequence of the other.

"When I got out of touring and recording — and production work in the meantime — which was six or seven years, I realized I had sacrificed a lot of personal relationships," he says.

'Face fears'

It's not as if Taylor has nothing to show for the time that he was neglecting

"The whole idea of the record is sort of to deal with stuff, and face fears, and not shy away from them, especially the more scary ones." CHRIS TAYLOR

his personal relationships.

In addition to playing bass and producing Grizzly Bear albums, he has produced critically acclaimed albums by Twin Shadow and the Morning Benders, and he recently started his own label, Terrible Records.

But with *Dreams Come True*, he confronts his decisions head-on.

"The whole idea of the record is sort of to deal with stuff, and face fears, and not shy away from them, especially the more scary ones," he says.

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► Chris Taylor

Loveable. Muppet



► Kermit the Frog greets Metro's Navita Persaud and Natalie Riznek yesterday at Metro's Toronto headquarters.

DAVID VAN DYKE/METRO

Kermit pops by to say hi

The famous friendly amphibian stopped by the office while in town to promote his new film, *The Muppets*, which opens in theatres Canada-wide on Nov. 23.

ANTHRAX RAGES ON

'ONCE WE GOT OUR FOOT IN THE DOOR, THERE WAS NO WAY WE WERE TAKING IT OUT'

In a recent interview, Scott Ian talked about Anthrax's reunion with Belladonna, and whether fatherhood has changed him.



► Scott Ian of Anthrax (2008)

What was it like when Joey first started working on the record after all those years apart?

He pretty much nailed it as far as I'm concerned, first time, on each song. What's amazing is he only started singing nine out of the 10 of these songs like earlier this year, like December or January, and he sounds like he's been singing them for 10 years, and I think that's something that's really, really hard to pull off, and he did it. Like, he owns the songs.

Anthrax has been together for so long. What were the most challenging years? Was there a time when you thought it was over?

I never wondered that. The hardest time for me in the history of Anthrax was trying to make our first album, that was the hardest time, because we were nobody, we were nothing. It wasn't like we had a name or

we were established or we knew anything about anything. ... Once we got our foot in the door, there was no way we were taking it out.

What's the most fun part about being a father?

It's like a switch got thrown and this love, where it even comes from, as a father, I'm hard-wired for it. The love is insane. The feeling that it gives me every day just to look at him is something that wasn't there before June 19. It's just an incredible feeling. ... Here's how it's changed my rock life; here's a sentence that I would have never said before June 19. It's given me this unbelievable joy I've never felt before.

THE ASSOCIATED PRESS

Rihanna does some cheeky shopping

While visiting Paris, Rihanna made a quick stop at the adult-themed Love-store — and ended up dropping a reported

\$1,500 during a kinky shopping spree, according to the Sun. “She knew exactly what she was after and didn’t want any assistance picking out items,” a source says.

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THE KARDASHIANS: COMING SOON TO A BATHROOM NEAR YOU



► The Kardashian sisters

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Is there no end to the Kardashian empire?

The reality-TV-family-turned-moguls have filed documents with the U.S. Patent and Trademark Office to use the name Kardashian Collection Home on an upcoming product line.

TMZ.com reports that the Kardashians “plan to use the trademark on everything from bath mats, to hand towels, pil-

low covers, sheets, golf towels, football towels, linens, candlesticks and even beer mugs.”

There’s no word if Kardashian Collection Home will be sold exclusively at Sears, where they currently sell their Kardashian Collection (does anyone else read that and think: ‘Krap?’) of clothes, handbags, shoes, belts, jewelry, hosiery, and sunglasses.

But if they think they’re going to expand and encroach on Martha Stewart’s Home goods empire, they’ve probably got another thing coming.

If anyone knows how to fashion a homemade shiv to ward off threats to her business, it’s Martha Stewart.

Lilo to pose for Playboy

► Troubled star struck lucrative deal with magazine: TMZ

Lindsay Lohan will reportedly pose nude for Playboy after striking a deal with the adult magazine, according to TMZ.

The magazine is said to have initially offered the troubled actress \$750,000, which she turned down, but she agreed when they came back with a figure

closer to her \$1 million asking price. And work is apparently already underway for the issue, as Lohan is said to have done her first revealing photo shoot over the weekend.

“I can neither confirm or deny at this time,” her rep says.

● METRO



► Lindsay Lohan

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Growing Avatar Grove

► Port Renfrew, B.C., is leaning on Hollywood blockbuster for environmental tourism boom

Pink ribbons knotted to tree branches at the side of a gravel logging road mark the entry to an amazing earthly experience.

The air is cool, damp and even smells green. Look up and there is no blue sky, just scraggy branches and the tops of 60-metre-high trees, which allow sunlight to hit the mossy ground only in broken beams of light.

This is Avatar Grove, a 50-hectare piece of untouched old-growth forest, about 110 kilometres northwest of Victoria, B.C.

Natural-born enemies; environmentalists, business leaders and politicians, are joining hands to protect it from logging and create a nature-lover's paradise.

It's as if the happy-ending script is writing itself at Avatar Grove — a sequel of sorts to the Hollywood blockbuster, unfolding in the few remaining dark, moody and ancient big-tree forests on southern Vancouver Island.

"When we came across the area, it was at the same time the movie Avatar was released," said Ken Wu, co-founder of the Victoria-based Ancient Forest Alliance.

"Avatar was about saving old-growth forests, albeit on an alien moon.

"We wanted people to make the connection that here on earth we have real spectacular old growth (forests) that are endan-



► Ken Wu of the Ancient Forest Alliance looks at Canada's 'gnarliest' tree in Avatar Grove near Port Renfrew, B.C.

gered and that need protecting," he said, standing near a huge cedar marked in spray paint with the number five, signifying that it once faced a chainsaw death.

Wu said choosing the name Avatar Grove, courting the business community in nearby struggling Port Renfrew and getting the ear of the B.C. government

has sparked a groundswell to declare the rugged coastal area the Big Trees Capital of Canada.

The Ancient Forest Alliance spent the summer taking busloads of tourists into Avatar Grove to see the mysterious forest, especially the alien-shaped western red cedar, nicknamed Canada's gnarliest tree for its Volkswagen-sized burl.

"Port Renfrew really is the biggest trees capital of Canada," said Wu.

"The fact is the largest Douglas fir tree on earth is near town. The biggest spruce tree in Canada is also near town. The biggest tree in Canada, the Cheewah cedar, is also north of town.

"And we've got the gnarliest tree at the Avatar

If you go...

Currently, there are no official scheduled tours into Avatar Grove, but visit the Ancient Forest Alliance website at ancientforestalliance.org for a map of the area's big tree sites. The alliance also will take visitors into Avatar Grove or can provide travellers with a detailed and easy-to-follow map that they can use to guide themselves.

Grove," he said.

Rosie Betsworth, Port Renfrew's Chamber of Commerce president, agrees with Wu and the Ancient Forest Alliance that the big trees are something to see.

It's also offering a tourism boost to the community that, until recently, considered logging and fishing its lifeblood.

"The majority (here) can see the value of tourism dollars," she said.

Steve Thomson, B.C.'s minister of Forests, Lands and Natural Resources, said the government halted planned logging of Avatar Grove and is awaiting the results of a public consultation process on the area's future. But he suggested it already appears logging is no longer a viable option.

"The province has published its intent to adjust the old-growth management area to protect that grove," he said.

THE CANADIAN PRESS

3

life

Travel in brief



Fans of MTV's Jersey Shore can get a first-hand look at the gym-tan-laundry lifestyle by renting the house where the reality series is taped.

Just bring \$2,500 a night and your own drama. Renters to the home in Seaside Heights have access to the duck phone and the double bed in the Smush Room. But they won't find the usual mess because the landlord cleaned the place.

THE ASSOCIATED PRESS



Key West's decadent Fantasy Fest begins with street parties, masquerade balls

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White fright

► The scariest part of Halloween in Churchill, Man., is the hungry polar bears who come to wait for the ice to form on the Hudson Bay ► But the town's Polar Bear Alert team ensures trick-or-treaters are kept safe



GIZELLE LAU
LIFE@METRONEWS.CA

If there was an award for the "scariest place to be during Halloween" in Canada, Churchill, Man., could easily win the title. Unlike Manitoba's historic Fort Garry Hotel in Winnipeg, it's not the ghost stories or blood-dripping down the walls in room 202 that you have to be afraid of.

In Churchill, it's the hungry polar bears.

For one month every year, the small, sub-arctic town of Churchill, Man., becomes the Polar Bear Capital of the World. Dur-

ing this time, from mid-October to Mid-November, over 1,000 polar bears (that's more than the town's population of 800) can be found in this region on the west coast of the Hudson Bay. This makes up one of the world's largest concentration of polar bears at any one time.

The bears wait in and around the town of Churchill for the ice to form on the Hudson Bay so that they can make their way to arctic waters to hunt for seal and build up their reserves for another year.

Since the melting of the ice in the Hudson Bay in

the early summer, the bears have retreated to land to give birth and hibernate while summer passes, usually in northern Manitoba's Wapusk National Park. Aside from scoring the occasional moose here and there, it's been months since they've had a proper meal and hunger is starting to take a toll.

Around this time every year, the region attracts thousands of tourists who want to see these incredible bears face-to-face from large, armoured, tank-like vehicles called tundra buggies. Most adventure or wildlife tour operators to Churchill name the end of



► Over 1,000 polar bears can be found in the Churchill, Man., region from mid-October to mid-November.

October and beginning of November — around Halloween — as the best time to visit and see the polar bear bears in Churchill.

For the townspeople, it's a different story.

Consider it for a second: snowy conditions; giant bags filled with chocolates and candy; a few hundred children running around trick-or-treating; and hungry polar bears milling about?

Bad combination.

In preparation, the Polar Bear Alert team, a group of Manitoba Conservation officers, set up bear traps (called "culver traps") on the outskirts of town to prevent them from entering the area. The large, cylindrical containers are baited with seal oil to lure the bears inside, at which point, the trap's door will shut.

Most bears are easily

scared off when loud cracker shells are fired and sometimes rubber bullets are also used. Problematic bears are often sedated and taken to Polar Bear Jail, along with the bears that have been trapped. Bears are held there for a maximum of 30 days at which point they are either flown by helicopter to the Hudson Bay shores or are let go when the ice freezes.



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A culinary toast to Diwali



► This recipe serves four.

Today marks Diwali, a five day "festival of lights" and one of the biggest celebrations in India. Food plays

an important role in the Diwali celebration. It is customary to exchange sweets and savoury dishes

with friends.

Instead of turning to traditional weeknight mainstays, treat your fam-

ily with a risk-free, Diwali-inspired meal like this tomato and chickpea vinaloo. Bursting with Indi-

Ingredients:

- PAM Original Cooking Spray
- 2 pints grape tomatoes, sliced in half lengthwise
- 1 can chick peas (about 540 mL), drained
- 1 bottle VH Vindaloo Cooking Sauce
- 1/3 cup (80 mL) fresh cilantro, coarsely chopped
- 1/3 cup (80 mL) green onions, finely sliced
- 1/4 cup (60 mL) pumpkin seeds (optional)

an-inspired flavours, this dish is sure to add some spice to your dinner table.

Preparation:

- 1 Spray pot with PAM Original Cooking Spray.
- 2 Heat tomatoes over medium-high heat, cook until tender (10 mins).
- 3 Add VH Vindaloo Cooking Sauce, chick peas and half a cup (125 mL) water, cover and simmer three minutes.

- 4 Stir in cilantro, green onions and pumpkin seeds, warm through and serve over rice.

NEWS CANADA/ VHSAUCE.CA

Drink of the week

Blood Sipper

- 250 ml (1 cup) fresh or frozen strawberries
- 250 ml (1 cup) fresh or frozen raspberries
- 250 ml (1 cup) fresh or frozen cranberries
- 250 ml (1 cup) pomegranate juice
- 1 bottle (750 ml) vodka

In blender, combine ingredients. Pulse to just chop fruit. Refrigerate for an hour or up to several days. Pour vodka and fruit mix through mesh strainer. Press solids to extract as much liquid as possible, then discard solids. The infused vodka can be sipped straight, chilled or cut with apple cider or ginger ale

THE ASSOCIATED PRESS/ AP FOOD EDITOR J.M. HIRSCH



Boats of yum

► Beef & Almond Stuffed Zucchini Boats make for a nutritious meal

Preparation:

- 1 Heat oven (190 C). Cook bulgur according to package; set aside. Cut zucchini in half length-

wise; scoop seeds.

- 2 In skillet over medium-high, heat oil. Add onion and cook, stir, until soft and translucent,

about 3 mins. Add garlic and cook for 1 min.

- 3 Add beef and cook until nearly browned, about 3 mins. Stir in cumin, coriander, cinnamon, pepper flakes and 2 ml (1/2 tsp) of salt and cook 1 min. Add bulgur, raisins, tomatoes; cook 3 mins. Remove from heat; stir in almonds and parsley.

- 4 Combine tomato juice and sauce, remaining

salt in 3 L (13-x 9-inch) baking dish. Place boats in dish, cut side up, on top of sauce and fill with beef mix. Cover with foil bake for 30 mins. Remove foil; bake 10 mins. **EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

ALMOND BOARD OF CALIFORNIA/ THE CANADIAN PRESS

Ingredients:

- 50 ml (1/4 cup) bulgur wheat (uncooked)
- 4 zucchini
- 75 ml (1/3 cup) slivered almonds (toasted, chopped)
- 15 ml (1 tbsp) olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 250 g (1/2 lb) ground beef
- 7 ml (1 1/2 tsp) ground cumin
- 5 ml (1 tsp) ground coriander

der

- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) red pepper flakes
- 5 ml (1 tsp) salt
- 1 can (398 ml/14 oz) diced tomatoes, strained, juice reserved
- 45 ml (3 tbsp) holdent raisins
- 50 ml (1/4 cup) fresh chopped parsley
- 125 ml (1/2 cup) tomato sauce

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Abstract *Background:* The purpose of this study was to determine the prevalence of self-reported depression and anxiety among a sample of young adults in the United States. *Methods:* A cross-sectional survey of 1,000 young adults (ages 18–25) was conducted. The survey included questions about self-reported depression and anxiety, as well as demographic information. *Results:* The prevalence of self-reported depression was 15.2%, and the prevalence of self-reported anxiety was 18.7%. The prevalence of both self-reported depression and anxiety was 10.3%. *Conclusions:* The prevalence of self-reported depression and anxiety among young adults in the United States is high. This finding has implications for the development of interventions to reduce the burden of these conditions.

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WEDNESDAY, OCTOBER 26, 2011

Your Neighbourhood:

CLAYTON PARK

► Since it opened earlier this year, the Canada Games Centre in Clayton Park has quickly earned a reputation as one of the top athletic facilities in the province.

Singing its praises



TOM
MASON
FOR METRO

When Halifax alternative band Thrush Hermit released its final album in 1999, it looked no further than the name of its home community for a title. The band called the album "Clayton Park."

For the band that produced popular solo artist Joel Plaskett, it was a tip of the hat to the neighbourhood where the musicians had grown up and discovered their creativity.

Most of the people who live in this popular suburban neighbourhood would probably agree that Clayton Park deserves at least a song or two. For Russell Walker, the loyalty to the place he has called home for 40 years is no mystery. He says it's one of the best neighbourhoods in HRM to live and raise a family.

Walker represents Clayton Park and Fairview on HRM council and has lived and worked as a teacher in the community since 1972. "It's unique," he says.

"There's no other neighbourhood like it in the city."

For one thing, says Walker, Clayton Park is one of the closest suburban neighbourhoods to downtown Halifax, a closeness that's afforded by three major transportation routes — the Bedford Highway, the Bicentennial Highway and Dunbrack Street.

But despite the accessibility, residents don't really need to go far from home. In fact, most of the time, the rest of the city comes to

Clayton Park — drawn to a cluster of resources and amenities that includes the largest movie theatre complex in the province, the impressive new Canada Games Centre, the Mainland Common, the Soccer Nova Scotia indoor soccer facility, and one of the largest libraries in HRM.

There are many parks, walking trails and playgrounds within easy reach, including the Mainland North Linear Parkway and Hemlock Ravine.

The schools that serve

the Clayton Park area are new and modern, including Grosvenor Wentworth, Rockingham, Duc D'Anville, Park West and Clayton Park Junior High.

The newly constructed Halifax West High School is also located in the community.

The mix of amenities, schools and atmosphere is attracting an influx of new residents — young families mostly, who are looking for a convenient and affordable place to live, says Walker.

Way back when

When construction began on the Clayton Park subdivision in the early 1960s, workers began finding artifacts of another age — pieces of 18th-century weapons, utensils, even the remains of unfortunate soldiers and sailors. The artifacts are all that remained of one of the great military failures of the age.

In 1745, a ragtag group of New England volunteers succeeded in capturing the French fortress at Louisbourg. Enraged, the French government raised a huge fleet, commanded by the Duc d'Anville, the next year. The trip was a disaster from the beginning. When the remnants of the great fleet limped into the harbour that would become Halifax three years later, the shore of Bedford Basin around what is today Clayton Park quickly became a graveyard. ● TOM MASON

ADVERTISING FEATURE

Noise Induced Hearing Loss Is Preventable

Our world is a noisy place; from noise at work, home and leisure our ears are constantly bombarded with noise. Protecting our ears from the damaging effects of loud noise is so important, at every age. Often I see patients that are experiencing hearing loss in their early 40's and 50's that they know is a result of not being diligent in protecting their ears when they were younger.

The result is hearing loss in the higher frequencies which is essential for hearing and understanding speech.

High level noise that is generated from large equipment and machinery, often found in factories and construction sites, can be loud enough to permanently damage your ears. Noise from leisure activities including listening to loud car stereos, rock concerts and iPod or other earbud-style use and hobbies like hunting, target shooting and playing musical instruments can also contribute to hearing loss caused by excessive noise. People at any age can be affected by loud noise. Everyone, of all ages, should be aware of the long term effects of loud noise and be encouraged

to protect their hearing.

Noise induced hearing loss is a permanent sensorineural hearing loss. It can be caused by a one-time exposure to an intense "impulse" sound, such as an explosion, or by continuous exposure to loud sounds over an extended period of time. The result is a loss in the high frequencies, which is very important to understanding speech. When a noise induced hearing loss is present speech will sound muffled, ears can feel plugged and tinnitus, ringing in the ears, can occur.

Noise induced hearing loss is preventable through the correct and consistent use of hearing protection. There are both custom and off the shelf types of hearing protection. Custom noise or musician earplugs are both comfortable and effective, while maintaining the quality and clarity of music or speech but at a softer, safe level.

It is important to your overall hearing health to have your hearing routinely tested and especially crucial if you work in a noisy environment or are exposed to high level noise. Wear hearing protection when needed and see your audiologist if you need more information or advice for you and your family.



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TOM MASON/FOR METRO

► The Keshen Goodman Library has become a Clayton Park landmark since it opened in 2001.

Important resource

► Award-winning Keshen Goodman Library opened in 2001

It's one of the largest libraries in Nova Scotia and has quickly become a Clayton Park landmark.

When the Keshen Goodman Library opened in 2001, it won a Lieutenant-Governor's Design Awards for Architecture. The

unique building features 20-foot ceilings, an impressive glass exterior wall and a café with a fireplace.

The library is an important community resource with more than 50 public access computers with a variety of software, Inter-

net access, meeting room rentals and an Information Technology Training Centre.

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▶ Clayton Park real estate is more popular than ever



Clayton Park began in 1962 when the Shaw family — the owners of the largest brick-making company in Nova Scotia — received approval to begin construction on a forested hill overlooking Bedford Basin.

It was a distinctive neighbourhood from the start, with the kind of modern split-level homes that were so popular that decade — asymmetric designs, flat roofs, walls of glass, and the prerequisite Shaw brick for siding.

It may be half a century old, but today Clayton Park is more popular than ever, says Sandy Hines, a Halifax real estate agent who has been selling homes in the subdivision for nearly 30 years. He says the park has always been appealing for young professional people looking for a quick com-



▶ Amenities in Clayton Park, including the Mainland Common all-weather sports field, make it a big attraction for people looking for real estate.

mute and a good place to raise a family.

They find a lot to choose from. Along with the original Clayton Park and the newer Clayton Park West development, there are a number of other new subdivisions that have been developed in the area over the last 20 years, says Hines.

There isn't a lot of new construction taking place

in Clayton Park proper, according to Hines.

"The homes there are older with large lots, very appealing to young professional couples. The big attraction is the convenience — the amenities that are available in the area.

"And the commute to downtown is very appealing. There's always a huge demand for real estate in the Clayton Park area."

The Mount is unique for many reasons

Clayton Park is the only subdivision in HRM to have a university in its midst.

In fact, Mount Saint Vincent University is unique for a lot of reasons. For one, it opened its doors in 1873 as one of the few in-

stitutions of higher learning for women in Canada.

"The Mount," as it is affectionately known, was originally run by an order of nuns called the Sisters of Charity of Saint Vincent de Paul, and, by 1925, it was

the only independent women's college in the British Commonwealth.

Mount Saint Vincent retained its women-only status until 1967 when it finally began admitting men. ● TOM MASON

TOM MASON/FOR METRO



Musical interlude

The music rotunda on the shore of Bedford Basin is the most recognized landmark in the Clayton Park area.

The unique building is all that is left of a palatial estate built in the last decade of the 18th century by Prince Edward, the fourth son of King George III and the father of Queen Victoria.

Edward came to Halifax in 1791 to take up residence as military commander. With him, he brought Julie St. Laurent, who he had married in a secret ceremony in Gibraltar — a marriage that was never recognized by the Church of England or the Royal Family.

Inside the rotunda, musicians would play, creating ambient music that would fill the air as the prince, his consort and their guests strolled the estate grounds.

● TOM MASON

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Hub of recreation

► Canada Games Centre features many facilities, including Atlantic Cirque School of Circus Arts



What little girl or boy hasn't dreamed about running away to join the circus? If they live in Clayton Park they don't have to go far.

Thanks to a new program hosted by Atlantic Cirque School of Circus Arts and the Canada Games Centre, adults and children alike can learn skills like juggling, trapeze and balancing that are the mainstay of great circus acts around the world.

The circus training is just one of a host of programs offered at Clayton Park's new Canada Games Centre.

"We strive for a unique offering of programs," says

Maria McGowan, the centre's marketing manager. "We've got something for everyone, from preschool children to elite athletes."

It's less than a year old, but the Canada Games Centre has already become the hub for recreation in the community.

Built as part of the complex of facilities constructed for the 2011 Canada Games in Halifax, the building features a 52,000-square-foot field house, multi-sport gymnasium courts, a massive aquatic centre, 200-metre indoor running track, fitness centre and other facilities.

The state-of-the-art centre has attracted the Halifax Rainmen basketball team and Metro League Hockey for pre-season

training camps.

From the steps of the Canada Games Centre, it's a quick walk to the Mainland Common and Mainland North Linear Parkway. The Mainland Common is a large multi-use field including an all-weather soccer pitch, baseball diamonds and other facilities. It's also home to Soccer Nova Scotia's large indoor soccer facility.

The Mainland North Linear Parkway is a four-kilometre walking trail that winds through the entire Clayton Park community. It also connects to popular Hemlock Ravine Park, a large forest park that surrounds a deep, narrow river valley with an ancient hemlock grove tucked inside.

Whopper of a trail

It has been a closely guarded secret among local mountain bikers for years, but lately the word is starting to get around.

The Whopper Dropper trail starts in a parking lot in Bayers Lake just behind the local Burger King (hence the name). The trail follows an undulating

granite surface, complete with drops, heart-stopping descents and ramps, and features built by the local mountain biking community — ideal for mountain bikers who want to practise tricks and hone their skills in a natural setting.

The network of trails is also popular with local hik-



ers and anyone who wants to enjoy a piece of Nova Scotia's wilderness just a few steps from a busy urban area. ● TOM MASON

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► Company's failure to investigate allegations cost it case

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADA
EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN



Having just been advised of the less than impressive results of an "employee satisfaction survey" at the National Bank's branch in Vaughan, On., Adrian Chandran, the senior manager at the branch, was in shock.

To Chandran's dismay, many of his subordinates accused him of making condescending remarks, embarrassing others and behaving like a bully. Some claimed they contemplated seeking legal advice. Chandran asked for the specifics



► Even those that rule with iron fists deserve to defend themselves.

of those complaints so that he could defend himself, but his request was denied.

Convinced that Chandran's supervisory duties should be taken away from him because of the complaints, the bank gave him the option of choosing between two available non-supervisory roles. Both alternative positions were at lower grade levels, although Chandran's salary would not initially change. He was then warned that behaviour similar to that which led to the employee complaints would be

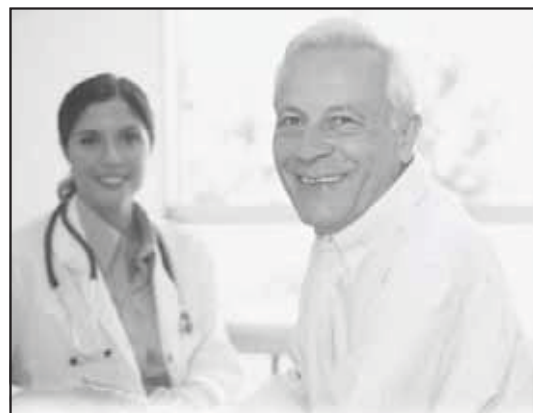
grounds to terminate him for cause.

Chandran argued that either of the two alternative positions offered to him were tantamount to a demotion and that, based on the bank's decision to discipline without first allowing him to defend himself, he had lost all trust in the bank. Chandran felt that he was entitled to leave but still entitled to severance.

At a recent trial, the court sided with Chandran. It concluded that one of the distinguishing features of this case was the bank's decision to impose discipline against Chandran without a proper investigation.

Although Chandran may have engaged in the conduct that he was accused of, the bank's failure to properly investigate effectively prevented it from relying on that conduct at trial. This fact, coupled with Chandran's perceived demotion, justified his resignation with pay. Chandran was awarded severance and his legal costs.

The human resources lessons are clear: employers should pause before blindly accepting allegations of harassment and bullying at work. As harassment is often in the eyes of the beholder, even the workplace bully should have a full and frank opportunity to defend himself. To do otherwise flirts with a significant lawsuit. **DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.**



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STUDENT VOICE

BRENDAN STEVEN
TALENTEGG.CA



► Brendan Steven feels it's important for schools to encourage students to participate in extra-curricular activities.

I have always been one of those people who, for better or worse, likes to bite off more than I can chew. So when I came to McGill, where I am now in my third year of a degree in political science, I raced out to find any extracurricular activity I could.

One such club was the McGill Tribune, one of two student newspapers here on the McGill campus. I had a little bit of writing experience from my days in high school, and applied for a volunteer position as an opinion columnist.

They gave me the job and I never looked back. I realized that there was a lack of representation of Conservative students on campus, so six months later, a friend and I founded

The Prince Arthur Herald (princearthurherald.com), Canada's only conservative student newspaper. Within a few short months, we expanded our operation to a multitude of campuses and created Canada's only national student newspaper. I now co-manage a team upwards of 70 volunteers from across the country.

It's become very clear that simply getting a degree

is not enough in the modern job market. This is especially true of students like me, who are getting Arts degrees that lack marketable skills for niche lines of work.

The importance of doing extracurricular activities, whether it is an internship, a part-time job, or volunteering, is now vital for students seeking jobs after they graduate.

I find schools to have an unrealistic perspective on this issue. Many do not actively encourage their students to explore the opportunities that are available to them outside of the classroom.

As an institution with a responsibility to their students, school should take a more active role in encouraging students to go beyond academics. They should also be more proactive in helping to place students with volunteer positions of interest to their careers.

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What I learned

Key take-aways from Brendan's experience.

- Evaluate your interests and skills to find something you are passionate about on campus.
- If there's a niche for a new campus club, don't be afraid to start it: employers will value your entrepreneurship.

Where Brendan is now

I am currently completing my studies at McGill University while simultaneously staying heavily involved in areas I am interested in. I am currently the executive editor of The Prince Arthur Herald and the chief content officer for Prince Arthur Herald Ltd. I also work as a featured columnist for the National Citizen's Coalition and a Senior Campus Fellow with the Canadian Jewish Political Affairs Committee (CJPAC).

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Cole Harbour's Grant joins UFC 141 card

T.J. Grant will be taking a trip to Las Vegas over the Christmas holidays.

The Cole Harbour mixed-martial artist has verbally agreed to take on Jacob Volkmann as part of UFC 141 at MGM Grand Garden Arena in Las Vegas.

UFC's official website touts the match as a battle between "two of the best grapplers in the lightweight division."

Grant has fought seven

times at the UFC level and has a 4-3 record. The former welterweight is coming off an Oct. 1 win over Shane Roller, his first career bout as a lightweight.

Volkmann, a three-time former NCAA all-American wrestler, has a 4-2 record. Also a former welterweight, Volkmann has won four straight bouts since dropping down to the lightweight division.

The main event of UFC

141 will feature former UFC heavyweight champion Brock Lesnar taking on former Strikeforce heavyweight titleholder Alistair Overeem. It will be Overeem's UFC debut.

The Lesnar-Overeem match will be part of the pay-per-view main card, while Spike TV will carry two preliminary bouts. It has not yet been determined whether Grant's fight will be televised.

● MATTHEW WUEST



► T.J. Grant punches Kevin Burns in UFC 107.

Something to prove on the road

► Without comforts of home, Herd looks to continue winning ways



MATTHEW WUEST
@METRONEWS.CA

Next up on the Halifax Mooseheads' early season checklist: Road wins.

The Mooseheads, who are rolling with six wins in their past seven games, visit the Blainville-Boisbriand Armada tonight at 8 p.m. to kick off a three-game road trip to Quebec.

Their road record of 2-3 pales in comparison to their 7-2 mark at home, with only one of their past six wins coming on the road.

"Winning road games will be important this year and it's something I think we can get better at," said head coach Dominique Ducharme. "Playing three in a row in a road trip like this, I think it's good for the guys."

The Mooseheads, ninth overall at 9-5, have already beaten the Armada once at home, topping the 11th-place club 5-3 on Oct. 13.

They're coming off a weekend homestand that

4.60 Goals-against average for the Mooseheads in their five road games this season, with 23 goals allowed.

saw them showcase both their best and their worst against two of the country's top teams. The Saint John Sea Dogs thumped them 5-0 on Friday, but the Mooseheads bounced back Saturday with a 4-3 overtime win over the Quebec Remparts.

Ducharme said he was impressed with how his players bounced back and hopes his young team learned a lesson.

"We played not to lose instead of playing to win (on Friday) — we were on our heels too much," Ducharme said. "That's what we wanted to correct on Saturday. We can't wait for things to happen, we have to make things happen."

The Mooseheads also visit the West Division-leading Val-d'Or Foreurs (9-7-2) on Friday and Saturday.



► Halifax Mooseheads rookie goaltender Zach Fucale will get his second straight start tonight. Second-year stopper Anthony Terenzio is out indefinitely with a concussion.

Huskies slide off CIS rankings

There has been a shakeup in Canadian Interuniversity Sport's weekly football rankings.

The Calgary Dinos (7-0) have seized the top spot from the 7-1 Western Ontario Mustangs, who fell from first to fourth after suffering their first loss of

the season on Saturday, 37-0 to the Queen's Gaels.

The Laval Rouge et Or and McMaster Marauders, both with 7-1 marks, sit second and third.

Meanwhile, the Saint Mary's Huskies, who have been no lower than ninth all season, went from sev-

enth to unranked after their 41-28 loss to the Acadia Axemen on Saturday.

The Axemen, 6-1, slid into the ninth spot.

The Huskies close out the regular season on Saturday at 2 p.m. when they host the Mount Allison Mounties. ● METRO

PAN AMERICAN GAMES

Canada wins gold in baseball

Canada beat the United States 2-1 yesterday to win the baseball gold medal at the Pan American Games in Mexico.

The Americans led 1-0 in the first inning, but Canada came back with two runs in the top of the sixth to win its first gold medal in a major international senior event.

Brody Blair of Pictou, N.S., was eliminated from the men's boxing tournament in a 30-7 loss to Emilio Correa of Cuba.

THE CANADIAN PRESS

More sports



► Huskies forward Colby Pridham

THE SAINT MARY'S HUSKIES HOST THE ST. FRANCIS XAVIER X-MEN IN ATLANTIC UNIVERSITY SPORT HOCKEY ACTION TONIGHT AT 7 P.M. AT THE FORUM. THE HUSKIES, WHO WON A CANADIAN INTERUNIVERSITY SPORT CHAMPIONSHIP IN 2010, HAVE FALLEN OUT OF THE NATIONAL RANKING AND ARE OFF TO A 1-3 START. THE X-MEN, THE AUS RUNNER-UP LAST SEASON, ARE OFF TO A 2-2 START.



Scan code for more sports.

With title on line, Rangers hope Colby Lewis can't lose

► Cardinals send lefty Garcia to mound tonight in rematch of second game of World Series

It's already been a productive post-season for Colby Lewis. Next up, a shot at the biggest prize yet.

In Game 6 of the World Series tonight, Lewis gets the first chance to pitch the Texas Rangers to their first title. No doubt while pitching oh-so-carefully against Albert Pujols and the St. Louis Cardinals, he'll be leaning on past October triumphs.

"Well, you definitely think when you're a kid, you want to be in this position, be on this stage," Lewis said. "I think just being in the situation that we were last year throughout the playoffs gives you more of an edge, more relaxation. That's for sure."

Jaime Garcia is back home where he's most comfortable, and the wildcard Cardinals are back in a familiar win-or-go-home mode, heading into a mound rematch from Game 2.

Three of Garcia's four post-season starts have been at Busch Stadium and the 25-year-old lefty has a 1.93 earned-run average at home. He outpitched Lewis in the first matchup with seven innings of scoreless,



► Rangers Game 6 starter Colby Lewis pitches during Game 2 of the World Series last week in St. Louis.

three-hit ball before the bullpen failed in a 2-1 loss.

Garcia was in top form in Game 2 with seven strikeouts and one walk.

"It's been the same for me the last two months basically, and I'm still going to try to do the same thing. Don't change anything,

don't try to do too much because this is the World Series. That's kind of how I feel," he said.

Lewis beat the New York Yankees in the clinching Game 6 in the AL championship series last year. He doesn't mind being on the road, getting nine of his 14

wins with a 3.43 ERA, and has been stingy all post-season with a 2.95 ERA.

Facing Lewis in Game 2, the Cardinals were limited to one run on four hits with one extra-base hit in 6 ½ innings. Manager Ron Washington is confident he'll see the same pitcher again.

"He totally believes in what he's trying to do out there," Washington said. "He never gets away from what he does best. Colby never doubts what he's capable of doing, and I think that's what makes him apart from some guys at this stage." **THE ASSOCIATED PRESS**

Islanders can't get puck past Fleury

3	0
PENGUINS	ISLANDERS

Everyone in black and gold raved about the play of Marc-Andre Fleury — everyone except for the humble Pittsburgh Penguins goalie.

Fleury sheepishly smiled every time he was asked about how he turned away the New York Islanders again and again, leading the Penguins to a 3-0 victory last night for his 20th NHL shutout.

"There was some pretty good ones," Fleury said of his 33 saves, "but that's just part of being a goalie. It doesn't matter if they are simple or hard, you've just got to try to get out there and make the save and keep your team in the game. I know some other times they save (you)."

Pascal Dupuis, Richard Park and Jordan Staal scored for the Penguins, who won their fourth straight and sent the Islanders to their third consecutive loss after three wins in a row.

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Engine

Tossed aside for 2012 is the 3.8-litre V-6 rated at 202 horsepower and 237 pound-feet of torque. That engine had been the off-roader's go-to motivation since the 2007 model year.

In its place is Chrysler's recently developed Pentastar V-6 rated at 285 horsepower and 260 pound-feet of torque. That translates into a horsepower improvement of more than 40 per cent, along with a corresponding 10-per cent gain in peak torque.

Transmission

The Wrangler also offers a more efficient optional five-speed automatic transmission in place of the previous four-speed unit. Jeep says that the extra cog helps reduce fuel consumption and offers a lower crawl ratio for severe off-road use.

Still standard is a German-made six-speed manual gearbox, which is the first of its type attached to the Pentastar V-6.

Towing

Remaining unchanged are the Wrangler and Wrangler Unlimited's maximum towing capacities of 910 and 1,590 kilograms, respectively.

The Sport B (except Unlimited), Sport S, Sahara and Rubicon trim levels carry over with the first three featuring part-time four-wheel-drive with optional limited-slip rear differentials. The trail-happy Rubicon uses the Off-Road Rock-Trac unit with its extra-low-range gearing, front-and-rear locking differentials for greater agility, and 32-inch off-road rubber.



► This is a particularly fetching combination of colour, hardtop-roof option and Rubicon off-roading. Sold.

Wrangler gets a heart transplant

MALCOLM GUNN
DRIVE@METRONWS.CA
WHEELBASE MEDIA

The Wrangler's ancestry dates back more than 70 years, but being on the receiving end of a series of recent improvements has kept this Jeep as up-to-date as ever.

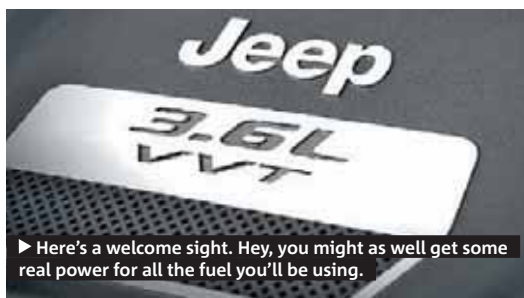
Loyalty to Chrysler's iconic Jeep brand knows no bounds, especially the Wrangler, which some aficionados consider the only true Jeep. And despite the passage of time, it has maintained an unyielding grip on its now-classic design. In short, the Wrangler is the ultimate retro vehicle with unabashed bragging rights to history and heritage.

Jeep's current Fiat minders have managed to tread carefully without messing with Wrangler tradition.

However, for the 2011 model year they introduced a kinder, gentler (on the posterior) interior, with better-quality materials for the updated dashboard, seats and door trim as well as the addition of climate control, heated seats and outside mirrors to the options list. Those changes were clearly well received as Wrangler sales have remained as robust as ever.

For the 2012 model year, the Wrangler is on the receiving end of a much-needed heart transplant — in the form of its engine.

It's that more powerful engine, and attendant fuel-economy improvements that represent the key enhancements, and ones that both serious, crater-crawling Jeep fanatics and first-timers will readily appreciate.



► Here's a welcome sight. Hey, you might as well get some real power for all the fuel you'll be using.



► Despite what the fringe hardcore Jeep clubbers might say, a softening of the Wrangler's interior certainly doesn't hurt the off-roading experience. In fact, it makes it more enjoyable.

Jeep Wrangler



What you should know about the 2012 Jeep Wrangler:

- **Type:** Two-/Four-door, four-wheel-drive sport utility vehicle.
- **Engine (hp):** 3.6-litre DOHC V6 (285).
- **Transmissions:** Six-speed manual; five-speed automatic.
- **Market position:** The Wrangler's heritage and timeless looks that date back the Second World War are major reasons for its enduring popularity. Only Land Rover and perhaps the Toyota's FJ come close.
- **Mileage:** L/100 km (city/hwy) 14.0/10.1 (est.).

5

drive

By comparison

Toyota FJ Cruiser

Base price: \$34,500
A genuine off-roader that recalls FJs of old. Plenty of style and interior space.

Nissan Xterra

Base price: \$35,800
Extra-tough truck-based sport ute. built for fun and off-road adventure.

Land Rover LR2

Base price: \$46,300
British-built SUV brings a touch of class, but is a bit of a fuel guzzler.

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Dynamics and performance define Porsche's SUV

SECOND GEAR



JUSTIN PRITCHARD
DRIVE@METRONews.CA

The Porsche Cayenne is an off-road capable 4x4 built by a brand famous for world-class, high-performance coupes.

Family-ready and capable of confident year-round operation on any road, shoppers after a premium SUV will find plenty of selection in the used Cayenne marketplace.

Look for the five-seater with goodies like navigation, a sunroof, premium audio, Bluetooth, heated leather seats, air-adjustable suspension and a full suite of safety features, too.

2003 to 2010 Porsche Cayenne



Engine

Depending on the model in question, Cayenne was available with anything from a 3.2-litre, 247-horsepower V-6 to a 550-horsepower, twin-turbocharged V-8 engine.

What owners like

Owners typically rave about a blend off-road capability and on-road comfort backed by plenty of performance. Brakes, handling and power output were highly rated on virtually all models, too. Spaciousness, flexibility, interior quality and all-weather confidence round out the equation.



What owners dislike

Typical complaints centre around gas mileage, which is typical of virtually any SUV model. Others include a smaller-than-expected back seat, expensive options, controversial styling and limited rearward visibility.



Common issues

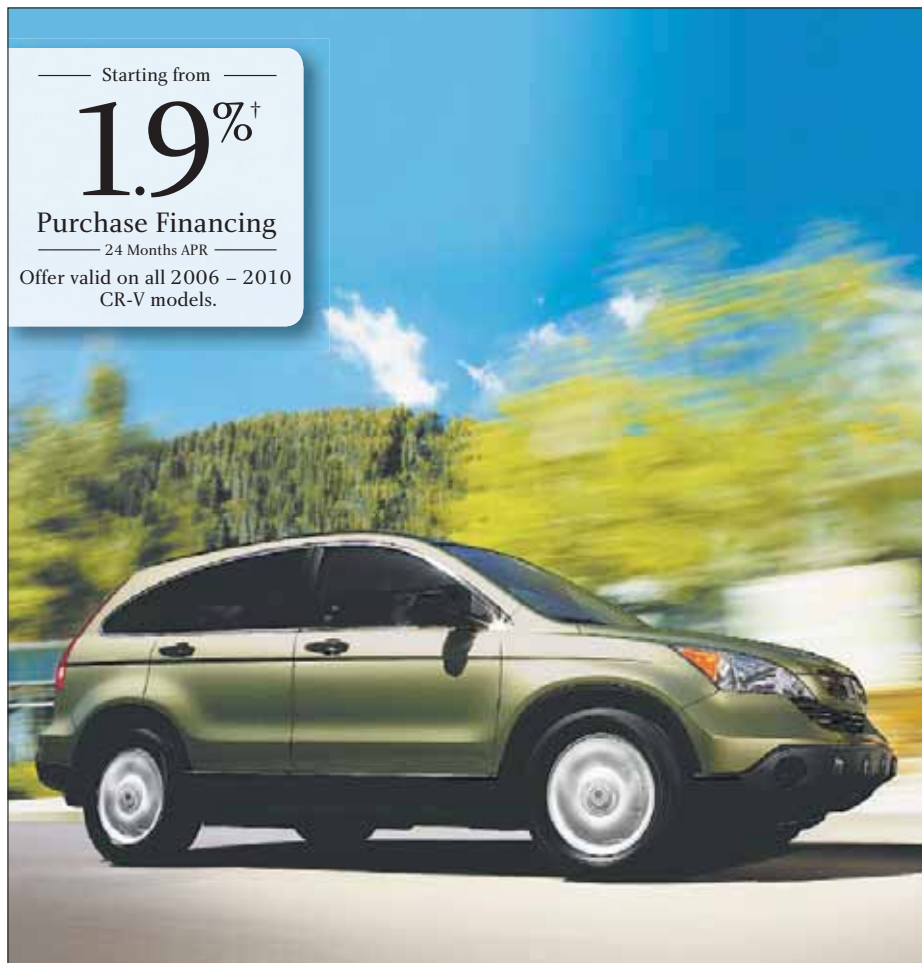
Start your test-drive with an exhaustive check of every component and accessory that runs on electricity. Pay extra close attention to the stereo, power seats, navigation system, instrument cluster and all lights.

Poor, lumpy or hesitant acceleration on any model could be caused by faulty ignition coil packs, and the engine compartment and underside should be checked for signs of a fairly common coolant leak.

Verdict

Low maintenance and purchase costs aren't the key draws to the Porsche Cayenne. Shop carefully, protect yourself with extended warranty coverage where available — then patiently search out the model that's perfect for your needs.

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MIKE GOETZ
DRIVE
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When shopping for a used vehicle, you can complete a lot of the homework and due diligence via your laptop.

But at some point someone will need to get their hands dirty. You, or someone you trust, will have to go “mano-a-mano” with the vehicle in question, and poke and prod every inch of it — especially those oily bits where the sun don’t shine.

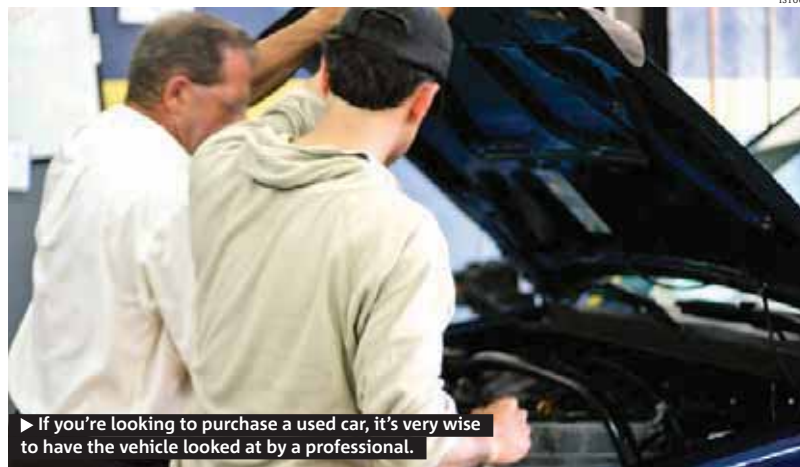
You can do this inspection yourself, or have a more technically savvy

friend do it for you, or enlist the services of a professional. The professional route is by far the most preferable option, because even if you’re technically savvy, you might not have all the great diagnostic tools and equipment to do the job properly.

If you already have a trusted mechanic, he or she would be the ideal person to check out a potential vehicle for you. But it’s often awkward, or impossible, to get the seller to bring the vehicle to your preferred mechanic’s shop, and the process has the potential to eat up a lot of time.

There is another professional option out there, which many Canadians are unaware of it, even though it’s quite popular in other countries — a mobile used-car inspection service.

“Canada is practically the only country that doesn’t have (many) companies providing these services,” says Efi Bershadsky, co-



founder of SmartAutoCheck.com. The company is in the process of building its Canadian wide network of used vehicle inspection services. Currently they can service customers in Southern Ontario, Calgary and Edmonton.

Bershadsky’s business partner got the inspiration to start the company, soon

after he immigrated to Canada from Israel. His first used vehicle purchase in Canada turned out to be a horrible one. He then noticed that mobile inspection services weren’t as common here, as they were back in Israel.

You can order a SmartAutoCheck inspection over the Internet (\$129 and up,

depending on distance). A licensed inspector or licensed mechanic will then contact the seller and arrange a time to have the vehicle inspected at the seller’s location. SmartAutoCheck will then go and inspect that car, and complete a report within 24 hours.

They check engine con-

dition by compression test, by combustion leak test, and by using an OBD2 (On Board Diagnostic) device to check for fault codes stored on the engine’s computer.

They check body condition by looking for rust, and evidence of collision repair (extra paint, welding, etc.). Extra paint is detected by a paint gauge tool, which is actually a micrometer, which measures paint thickness.

They check for leaks by jacking the car up, and inspecting the appropriate bits.

I don’t know why you wouldn’t get any vehicle checked over professionally before you buy it. If the car is clear, you get piece of mind. If it’s not, you just escaped a potential nightmare. If the inspection uncovers a few issues, you have bargaining power and can easily negotiate a lower selling price, to recoup the cost of the inspection, and maybe more.

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Goodyear's new tires will pump themselves up

► Tired of visiting the gas station to inflate your tires? ► Goodyear may have the remedy for that

DRIVING FORCE

JILL McINTOSH
DRIVE@METRONEWS.CA

Adding air to a tire isn't a difficult job, but who needs the aggravation, especially if the weather is nasty? Such maintenance may become a thing of the past thanks to a new in-tire system, called Air Maintenance Technology (AMT), being developed by Goodyear.

Tires naturally lose small amounts of air, which can gradually add up to under-inflation.

The AMT system would "top up" the tire whenever necessary when the vehicle is being driven, eliminating the need for the driver to do it at a gas station air pump.

"There's a small filter on the outside of the tire that allows air to get in, but not water, dust and dirt," says Kerry Christopher, senior manager of communications for Goodyear Research and Development.

"The tire essentially becomes the pump."

As a tire rolls down the road, it flexes and bounces. The AMT system Goodyear is developing would take advantage of that movement, using it to pump the air through the filter and into the tire as needed.

The system is relatively simple, Christopher says.

"It's not a lot of parts. It's a regulator and other components built into the tire. There's no battery, no electronics of any kind. It's built into the tire itself, not into the wheel, and it's not in the valve stem, it's in the sidewall."

The regulator would be



► Kerry Christopher of Goodyear Research and Development.

set to the specific pressure for the tire and vehicle, and would prevent the tire from overfilling with air. The car's tire pressure monitoring system would still keep the driver informed about pressure, "but we're guessing you wouldn't have to look at it as often," Christopher says.

The pump technology is still undergoing testing and the company hasn't yet announced when it will be available or what it will cost, "but it will have all sorts of benefits to the traveller, (including) improved fuel economy, reduced emissions, longer tire life, and enhanced safety and performance benefits," Christopher says.

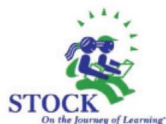
"There are a lot of good things that happen when your tire is inflated properly, and this ensures that all of these things are possible. Tires do a lot of things and they're very high-tech, but most people overlook that.

"They just get in their cars and go, but tires are the only thing between you and the road."



► A Goodyear tire with a rendition of the air maintenance filter in the sidewall.

This is why Canadians use Krown!



pieces were of similar shape and size. I undercoated each piece only once with one of the four types of undercoating. The products used were KROWN, Rust Check, Fluid Film and RPO's Rust Authority. I then attached the four individually

"This is just a quick summary of the steps taken for my test of four undercoating products. In 2003, I cut four pieces of black iron sheet metal from the same sheet. The

undercoated pieces to the underside of a bus all in close proximity and behind the rear wheels. After two years and four months I removed the Black Iron and here is what I found. The Rust Check fared the worst of all the products. The Fluid Film and the RPO were very close but in my opinion were not even close to how well KROWN performed. The other three pieces all had holes in them and were very deteriorated. The metal with the KROWN product was in very good condition with mostly just surface rust."

Sincerely, Chet Chisholm, Fleet Manager
Stock Transportation, Halifax, NS.



KROWN SHEET



RPO SHEET



RUST CHECK SHEET



FLUID FILM SHEET

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HAMMONDS PLAINS
At Hammonds Plains Service Centre
835-7691

TANTALON
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ELMSDALE
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MOTHER THERESA - Say 9 Hail Mary's for 9 days. Ask for 3 wishes, first for business, second and third for the impossible. Publish this article on the 9th day. Your wishes will come true. (insert the initials of the person you are praying for here. CL

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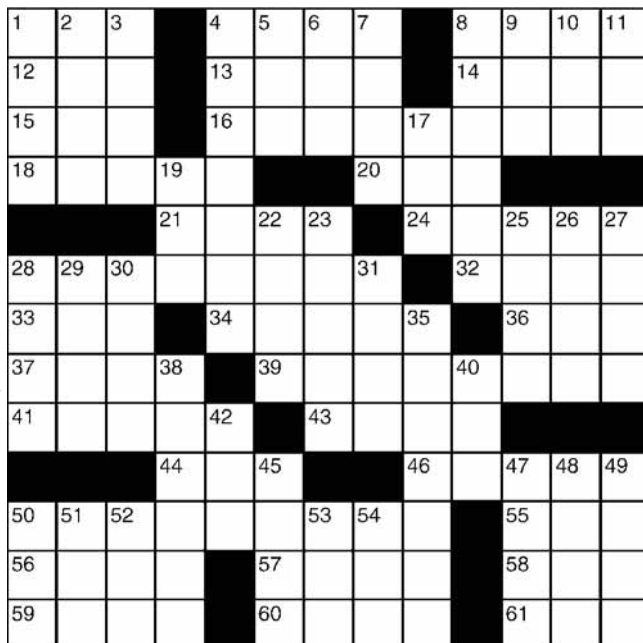
Crossword

Across

- 1 1980s TV alien
4 Vegan's no-no
8 Kane's Rosebud, e.g.
12 Singer David Allan
—
13 Therefore
14 Head light?
15 — for tat
16 Disadvantages
18 Big glitch
20 Zero
21 "Handsome — handsome does"
24 Wanderer
28 Reductions
32 Marceau's specialty
33 Individual
34 Farm refrain?
36 Junior
37 Western state
39 Reversals
41 On top of the world?
43 Ballet frill
44 Court
46 Emperor's proclamation
50 Rebates of a sort
55 Triumphed
56 Actress Falco
57 Gratis
58 Informal Valentine word
59 Bleak, as literature
60 Fly high
61 Agent

Down

- 1 Gospels follower
2 Pork cut
3 Greek cheese
4 Jellyfish
5 Blunder



- 6 — Khan
7 Burg
8 Mideastern greeting
9 Fond du —, WI
10 Wapiti
11 Two, in Tijuana
17 Crib
19 White lie
22 Galatea's love
23 Form of trapshoot-
ing
25 Uncategorized
(Abbr.)
26 Out of control
27 Lairs
28 Masterstroke

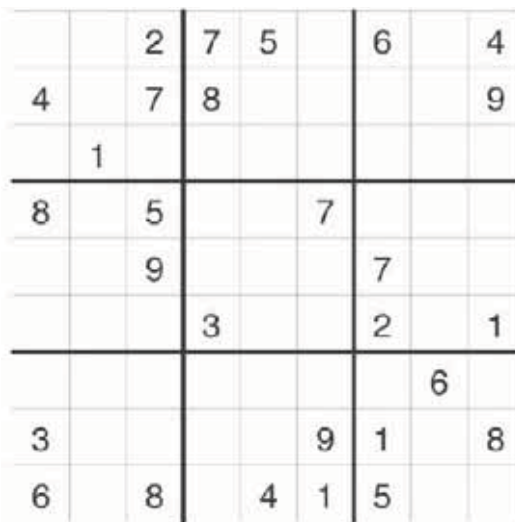
- 29 "Do — others..."
30 Blue hue
31 In — (as found)
35 Less quick-witted
38 Merchant
40 Diving bird
42 Steal from
45 Lummoxes
47 Piercing tools
48 First course, often
49 Green-eyed mon-
ster
50 Barbie's companion
51 Bachelor's last ut-
terance
52 XVII sextu-

- pled
53 — -Magnon
54 One of the Maunas

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Susan, I love you with all my heart and soul. You mean so much to me. Lots of hugs and a kiss. PAUL

BabyDoll, Its been almost 3 months and I still miss you with all of my heart. I go to bed, and wake up with you on my mind. Hope you are thinking of me too. You will always be with me, wherever I go. Still remembering those awesome times. Sauble Beach, our last trip... I will always love you! AL

Jason Stevenson, Nothing hurts more than realizing he meant everything to you, but you meant nothing to him. Or maybe I've been thinking about how to say goodbye to you all week. I'm so confused. I want to let go of all this pain, but I'm afraid I'll go insane. I want to let go...I'm going to let go, but if I wait and see, will he come back to me? YOUR SECRET GIRL!!!

Today's horoscope

♈ Aries March 21-April 20

Today's new moon will force you to face a situation you've been trying to ignore. It's important you do.

♉ Taurus April 21-May 21

Even if you are the kind of Taurus who rarely gets emotional, you must let it all out. Scream if you have to.

♊ Gemini May 22-June 21

If you want to enjoy a healthier lifestyle, now is the time to start.

♋ Cancer June 22-July 22

The new moon falls in the most creative area of your chart, making this one of the best days of the year for getting things done.

♌ Leo July 23-Aug. 23

You can be rather sensitive, but as of today you will feel more positive about what kind of person you are.

♍ Virgo Aug. 24-Sept. 22

You will have no difficulty today letting others know what you think and how you feel. But don't go too far.

♎ Libra Sept. 23-Oct. 23

Today's new moon indicates that recent efforts and sacrifices have not been in vain. There's much to gain.

♏ Scorpio Oct. 24-Nov. 22

With the new moon in your sign, if you focus energy in one direction you'll achieve something remarkable.

♐ Sagittarius Nov. 23-Dec. 21

You need to overcome a fear that has been holding you back.

♑ Capricorn Dec. 22-Jan. 20

Someone you meet will become a good friend and a colleague on a project close to your heart.

♒ Aquarius Jan. 21-Feb. 18

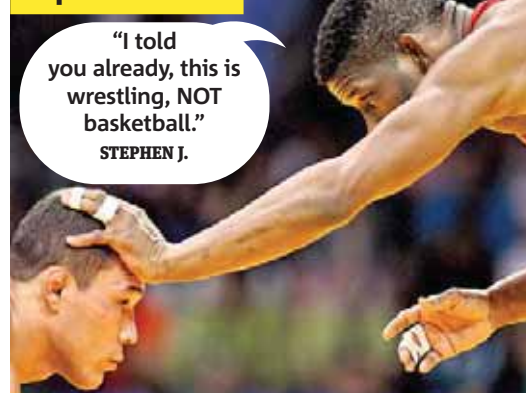
Today's new moon indicates that if you have a plan and make a serious effort to follow it, there's nothing you can't accomplish.

♓ Pisces Feb. 19-March 20

The new moon in Scorpio will endow you with confidence and no end of good cheer. **SALLY BROMPTON**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Caption contest



"I told you already, this is wrestling, NOT basketball."
STEPHEN J.



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